

# THE MOST POWERFUL NUTRITION FRAMEWORK

// META INSIDERS KIT VIA ANTHONY MYCHAL

[HTTP://ANTHONYMYCHAL.COM](http://anthonymychal.com)





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Basically, I have to say that I'm potentially involved in some sub-dermal way with *any* content I post. So just assume I'm making millions of dollars and every word I post makes me money (even though it doesn't). That way, you'll never be fooled.



## LET'S RECAP

The video in Day Two brought up an important two step nutrition process.

The first step is about refurbishing your nutrient assimilation by leaning down to an ideal level. If you need to make this happen, Day Three will open an opportunity for further learning, specifically how to maximize your ability to lean down while simultaneously gaining muscle.

The second step is about manipulating nutrient intake to make up for a lack of genetic muscle building power.

My go-to strategy for this is a little something called *intermittent fasting*, and I consider it the most *powerful* nutrition framework. What follows is not only *why*, but also *how* to get started.

## WHY?

I'm a big believer in starting with why. Why do I succumb to what society sees as short-lived starvation?

It's been over a year since I converted to intermittent fasting. But the question remains: why intentionally not eat and live in hunger?

Few ask this question before picking up the glass of Kool-Aid. The answer surely isn't because intermittent fasting

is the only pathway to results. People use methods in stark contrast to intermittent fasting and still get big, strong, and ripped.

And from a broad perspective, intermittent fasting is rather logical. You're eating *less* often, which means you have less chance of overeating.

But there's more to it than that...

## WHAT IS INTERMITTENT FASTING?

Intermittent fasting is a nutrition strategy in which food is *avoided* during certain time frames during the day.

The most common intermittent fasting scheme is known as "16/8" fasting, which means that sixteen hours of the day are blocked off for "fasting." The other eight hours are blocked off for "feeding."

Everyone has their own ideas of what exactly constitutes a true "fasting" window. Some go no food and no calories. Some go black coffee and "black" tea (this is my personal privy).

The 16/8 scheme was widely popularized by Martin Berkhan of [Leangains](#), but the "godfather" of intermittent fasting is Ori Hofmekler.

Ori Hofmekler wrote [Maximum Muscle, Minimum Fat](#) and [The Warrior Diet](#), both of which paved the way for



most intermittent fasting philosophies. He uses a 20/4 fasting scheme.

Another popular figure in the fasting world is Brad Pilon, author of [Eat Stop Eat](#), known for his occasional 24 hour fasting philosophy.

And then there's mine: [Chaos Bulk / Fractal Fat Loss](#), which is a conglomeration of just about everything above, taking what I saw as the "best pieces" from each philosophy and creating my own strategy that has helped me gain muscle without getting fat. It's designed to **maximize** feedback loops and set points to create the most **powerful** responses for muscle building without prolonging them enough to cause fat gain—a strategy particularly useful for those that have trouble gaining muscle, yet find fat gain easy.

We'll get into Chaos a little more later.

## INTERMITTENT FASTING AND "BEST"

Truthfully, the best nutrition plan is one that's sustainable in the long term. I think intermittent fasting fits that description, and I also think it's one of the most *powerful* nutrition frameworks out there. But let's start with the lifestyle bits.

- Psychologically, it's reassuring to know that hunger isn't going to melt our muscles like the Wicked Witch of the West under a bucket of water.

- This is reason enough to give fasting a go as a beeping watch alarm every three hours in reminder of "meal time" isn't a fun way of living.
- It's also nice knowing some food in the stomach (from larger size meals) and feeling "good" isn't going to be "bad."
- There's a group of people that theorize creativity skyrockets during times of hunger. Even Scott Adams – illustrator of famed comic, Dilbert – has [his own take](#) on breakfast and creativity. The rationale for this is that primitive man needed to be creative in times of hunger to find food.

But the biggest benefit, and the one that inches me towards the "powerful framework" tag: **loops**.

## FEEDBACK LOOPS AND FASTING

The premise of feedback loops (specifically *negative* feedback loops) as they relate to nutrition: the body tends to *reduce* the widespread bodily effects of any one substance upon extreme exposure.

Another way of looking for this: chronic high dose exposure to any single macronutrient could end in your body *taking the nutrient for granted*.

Of course, the boundaries between *chronic high dose* and *not-so chronic high dose* aren't exactly clear cut. But the premise remains.



The classic example of this is with adult-onset diabetes. Through excess body fat and abuse of carbohydrates (which chronically spike insulin), insulin *fails* to be effective over time.

Outside of the nutrition world, just imagine seeing a bear in the woods. The first time, you might poop your pants. Your heart rate skyrockets. The fifth time, you might still get a little jittery. But the eighty-fifth time, you probably know how to handle the situation, making the whole poop-your-pants-rapid-heart-beat response all but a memory.

The more you stimulate any one specific pathway in the body, the *less* pronounced the widespread bodily effects become. One cup of coffee slowly becomes two, as the body adapts to caffeine. Granted, macronutrients *are* different than drugs, but the negative feedback loop is *still* seen in nutrition (as with the insulin example above).

## DISRESPECTING PHYSIOLOGY

We can manipulate negative feedback loops to *increase* how our body responds to substances. If you wanted to get the most out of 100mg of caffeine, the smart thing to do is to *avoid* the substance so that the body *doesn't take the drug for granted* from frequent exposure.

The overriding premise: doing the same thing day in and day out disrespects physiology. In other words, there can

be potentially *profound* effects from *neglecting* nutrients at times.

Take two scenarios. In each, you train on Tuesday.

- **Scenario #1:** You eat 500 kcalories on Monday. You eat 3500 kcalories on Tuesday.
- **Scenario #2:** You eat 2000 kcalories on Monday. You eat 2000 kcalories on Tuesday.

The question is: does *not eating anything* one day (or eating very little) effect how the nutrients are used the following day? Looking at both examples above, you'd infer that you'd have a higher anabolic response on Tuesday in *Scenario #1*. You'd also have to infer that the body would be more receptive to nutrient intake, given the prior day of deprivation.

*(I don't often recommend eating nothing. I'm just using it for the sake of example.)*

## CHAOS

The example above *isn't* something you'll see in most intermittent fasting schemes, but it's a **huge** tenant of my Chaos Nutrition philosophy.

I simply used the example to showcase that negative feedback loops can be used to our advantage, and that *avoiding* food in the short term does create the loop.



Beyond intermittent fasting is Chaos Nutrition, which is an advanced intermittent fasting method in which nutrients are intentionally cycled (short term deprivation followed by short term excess) to produce powerful physiological responses at times that best coincide with muscle building windows.

It's built on "living on the edges," so to speak, whereas conventional nutrition plans are all about doing the same thing daily—a feedback loop killer.

This has allowed me to gain muscle without getting fat for over a year now, specifically gaining around fifteen pounds of lean muscle.

I often say that the level of chaos necessary in nutrition is equivalent to your level of genetic giftedness. Crappier genetics = more chaos, as you *need* a more powerful anabolic response to build muscle. Chaos delivers just that.

If you want more information on Chaos Nutrition, you take a free no-hassle, no-questions-asked email learning course by [clicking this link](#) and submitting your information.

## PERFORMANCE DECREASES?

When it comes to performance and intermittent fasting, we lucked out. There's a host of athlete specific fasting research thanks to the religious observance of Ramadan.

During Ramadan, participants fast from both food and drink from sun-up to sun-down. So it's tremendously hellish compared to most of our comfy fasting experiments that have us sipping on coffee and chugging water at will.

Keep that mind: these athletes are going without food and drink. It's safe to say that they would undoubtedly perform better with some kind of hydration.

## YOUR INITIAL PREDICTIONS ARE WRONG

No food or drink for hours upon hours? Performance has to drop. Right? I would think so too.

But this just isn't the case.

Many studies show athletes of all shapes and sizes doing just fine without both food and drink.

Here's a quick rundown:

- Performance, for the most part, is maintained.
- Performance never increased as a result of fasting.
- During Ramadan, few athletes eat enough to match caloric demands.
- But when body weight is lost, it's mostly fat, not muscle mass.



- Huge feasts before bedtime can negatively affect sleep.
- Experienced Ramadan athletes handle the fast better and have performances to show for it.
- Anticipatory feelings towards a meal can disturb performance.

In other words, most negative aspects of fasting are *mental* more so than *physical*.

## THE ROLE OF CHAOS IN FAT LOSS AND MUSCLE BUILDING

To conclude this little guide: intermittent fasting—in any capacity—is the start of introducing Chaos, and doing all of the juicy stuff needed to gain muscle without putting on fat.

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